

Managing Stress During COVID-19
Going Out,
Staying In,
and Staying Sane

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Friendship Heights Village Center - Online



Agreements

- Tell success stories
- Ask questions and raise concerns
- Support one another by listening and sharing time

Introductions

- Share your name and what drew you here



Making wise decisions when going out

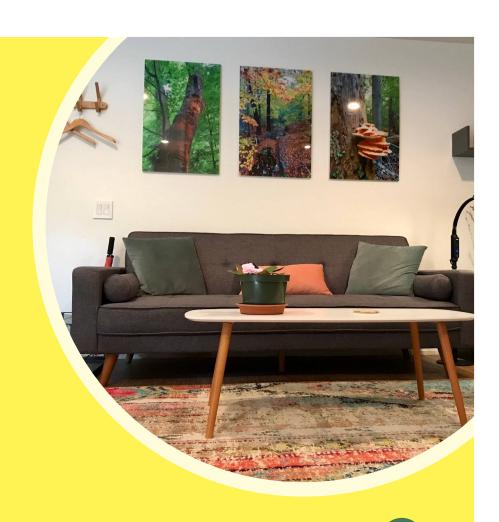
- CDC _ <u>https://www.cdc.gov/</u> <u>coronavirus/2019-ncov/</u> <u>prevent-getting-sick/index.html</u>
- https://www.cdc.gov/ coronavirus/2019-ncov/daily life-coping/going-out.html
- State of Maryland -<u>https://governor.maryland.gov/recovery/</u>
- Montgomery County https://www.montgomerycountymd.g
 ov/covid 19/reopening/
- DC - <u>https://coronavirus.dc.gov/ phasetwo</u>

Healthy coping while staying in

- ☐ Have a schedule
- ☐ Set reachable goals
- ☐ Make pleasurable experiences
- ☐ Limit media intake
- ☐ Listen to experts
- ☐ Connect regularly with friends and loved ones

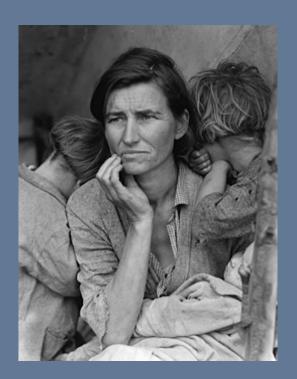
- Seek ways to support others and work together
- ☐ Practice a hobby
- ☐ Breathe and connect to the moment
- ☐ Go outside
- ☐ Laugh!

What coping strategy do I employ well? Is there another one I can identify?



Building resilience

- Physical activity, healthy diet, sleep
- Social support
- Coping style
- Sense of purpose
- Religion and spirituality
- Control, commitment, challenge



• How have I overcome hardships? How did my parents?

Keeping perspective



- It is natural to feel stress, anxiety, grief, and worry during a crisis.
 Everyone reacts to a crisis differently. Strong feelings and emotions will change over time
- Don't dwell on worst-case scenarios
- For centuries people have survived hardships. Most people bounce back and adapt to changes
- If worry, irritability, or depression persist, seek help from a physician or licensed mental health professional

Reflection and wrap-up

- What learning or new understanding took place today?
- Is there a next step you would like to take based upon today's conversation?
- Do you have suggestions for future talks?





Thank you!

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